

Me, Too

Me, Too is a program that supports children and families who have experienced the death of someone close to them.

Experiencing this kind of death can be a lonely and confusing time in a child's life.

When children attend a Me, Too group they discover that they are not alone in their grief. Children are able to look at one another and say "Me, too."



Kids' group



Kids are invited to express their thoughts and feelings through play, art and talking activities. For kids ages 5 and up.

We believe

- Healing happens in the family.
- Every family has their own unique way of coping with death.
- Some people express grief through words; others express grief through physical and artistic activity.
- Parents need to care for themselves while caring for the challenging and changing needs of their family.

Teen group

In the company of their peers, teens participate in a talking circle and expressive arts activities. For high school aged teens.



How we help

- Children and teens feel safe and are able to express feelings when grief is validated and normalized.
- Children and teens feel less isolated and alone in their grief when they meet peers who have shared experiences.
- Parents and caregivers/guardians benefit from practical information on supporting all members in a family.

Our groups

Families come together for one evening each week for eight weeks where children, teens, and adults gather in age specific groups. Groups are professionally facilitated and offered in the fall and winter each year. Sessions alternate between east and west side Portland locations. Families may register for groups any time after the death of a death of someone close to them.

Adult group



Adults receive support for their own grieving process and learn how to better understand and support their grieving children.

Our goal

Me, Too groups provide a safe, fun and supportive environment in which participants are able to express and explore their thoughts and feelings of grief and loss. Through shared experiences, family communication is enhanced and group members gain a sense of confidence in coping with their grief. There is no charge to attend Me, Too groups.

Register for a group

Me, Too groups are offered free of charge. For information or to register for a group, call or e-mail us at:

(503)228-2104

metoo@oregonhospice.org

Me, Too supports community

Clinicians are available to work with local schools to create individualized plans that respond to grief support needs in instances where a student, parent, teacher or other influential community leader has died. Me, Too staff can aid in developing onsite grief support groups at school, as well as provide educational opportunities for school staff. Grief support resources for the broader community are also available.

Support Me, Too

Support Me, Too with a tax deductible contribution. Me, Too operates under the nonprofit status of the Oregon Hospice & Palliative Care Association. Contributions may be mailed to:

Me, Too

Oregon Hospice & Palliative Care Association
P. O. Box 592 • Marylhurst, OR 97036

Me, Too is a program of

Legacy Hospice Services



Oregon Hospice & Palliative Care Association



Providence Hospice Programs



me,too

Supporting children and families in grief

Website: <https://oregonhospice.org/metoo/>

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